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PREPARE FOR EMERGENCIES!

What Can You Do Now?

1. Enrol in your local Civil Defence unit. The training you receive will be valuable for the rest of your life in peace or war.
2. If you cannot join Civil Defence now, take a First Aid or Home Nursing Course. A knowledge of First Aid or Home Nursing is of use at all times – in case of disaster when accident or illness strikes, at home, on the road or on the job.

A First Aid Course covers emergency treatment in case of accident. You learn how to look after an injury or apply artificial respiration until the doctor comes, the simple steps which can prevent a minor injury from becoming a serious one. A knowledge of First Aid may save a life – a member of your family or your own.

The Home Nursing Course includes demonstrations and practice in simple nursing procedures. You learn how to improvise equipment, how to feed your patient, how to prevent the spread of infection.

In addition, because nursing volunteers are always needed when disaster occurs, added instruction is given on nursing under emergency conditions.

There is a need in every home and every community for women who can give simple nursing care.

The St. John Ambulance Association and the Canadian Red Cross Society have been given the task of training personnel in Home Nursing for Civil Defence. The St. John Ambulance also instructs in First Aid for Civil Defence.

For further information, consult your local Civil Defence office or your St. John Ambulance or Red Cross headquarters.

